SUMMER IS HERE & SO IS COVID (WHAT TO KNOW ABOUT NB.1.8.1 & THE LATEST SURGE)

THE CONTENT OF THIS ZINE IS FOR INFORMATIONAL PURPOSES ONLY AND SHOULD NOT BE CONSIDERED MEDICAL ADVICE.

CREATED BY COVID CONSCIOUS BLOC OF SAN ANTONIO

FOLLOW US ON IG: @CCB.SA
AND CHECK OUT OUR LINKTR.EE/CCBSA FOR MORE RESOURCES INCLUDING OUR "HOW TO TAKE A RAT" ZINE!

THERE ARE MASK BLOCS ACROSS THE COUNTRY THAT PROVIDE FREE RESPIRATORS

TO FIND ONE IN YOUR AREA VISIT MASKBLOC.ORG

FREE MASKS & COVID TESTS AVAILABLE TO THE GREATER SAN ANTONIO AREA: LINKTR.EE/CCBSA

ALTHOUGH SOME TYPE OF MASK IS BETTER THAN NO MASK AT ALL, SURGICAL AND CLOTH MASKS DO NOT OFFER GREAT PROTECTION BECAUSE OF THEIR DESIGN PURPOSE AND FIT.

THE BEST WAY TO PROTECT YOURSELF IS TO WEAR A HIGH QUALITY RESPIRATOR (MASK) LIKE A KN95 OR N95 THAT FITS FLUSH TO YOUR FACE

SINCE THESE "MASKS" ARE DESIGNED TO MEET CERTAIN BREATHABILITY AND FILTRATION STANDARDS, THEY ARE MORE COMFORTABLE AND EFFECTIVE TO WEAR THAN SURGICALS

THIS VARIANT IS ENOUGH OF A CONCERN THAT EVEN MAINSTREAM MEDIA OUTLETS, WHICH HAVE HISTORICALLY SHIED AWAY FROM DOING SO, ARE FOLLOWING THE SCIENCE AND RECOMMENDED WEARING MASKS TO PROTECT FROM INFECTION

TODAY

A New COVID Variant, NB.1.8.1, Is Starting to Spread in the U.S. What Are Its Symptoms?

Caroline Kee

TODAY Show Expert Recommendations:
- Wear an N95 mask in crowded, indoor spaces.
- Stay up to date on COVID vaccinations.
- Test if you have COVID symptoms.
- Test if you have an exposure.
- Stay home when you're sick.
- Avoid contact with sick people.
- Practice social distancing. tinyurl.com/nb181

POSSIBLE SYMPTOMS INCLUDE:
- FEVER OR CHILLS
- COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- SORE THROAT
- CONGESTION OR RUNNY NOSE
- NEW LOSS OF TASTE OR SMELL
- FATIGUE
- MUSCLE OR BODY ACHES
- HEADACHE
- NAUSEA OR VOMITING

AND AS WITH ANY COVID INFECTION, THERE IS A RISK OF DEVELOPING LONG COVID. THAT RISK INCREASES WITH EVERY REPEAT INFECTION.

HOWEVER FIRST HAND ACCOUNTS HAVE DESCRIBED SYMPTOMS LIKE:
- -RAZOR BLADE THROAT
- -BLOODY PHLEGM
- -NOSEBLEEDS
- -EXTREME FATIGUE

HTTPS://ABCNEWS4.COM/2025/05/24/CHINA-GRAPPLES-WITH-COVID-19-SURGE-MARKED-BY-SEVERE-RAZOR-BLADE-THROAT-SYMPTOM/

China Grapples with COVID-19 Surge Marked by Severe "Razor Blade Throat" Symptom

Bill Giannopoulos

In China, a new wave of COVID-19 is sweeping through, with patients reporting intense throat pain described as a "razor blade throat"—a sensation likened to swallowing shattered glass or razor blades.

USA TODAY: "NB.1.8.1 IS BELIEVED TO BE MORE TRANSMISSIBLE AND IMMUNE-EVASIVE THAN PREVIOUS VARIANTS"

HTTPS://WWW.USATODAY.COM/STORY/NEWS/2025/05/20/NEES-A-NEW-COVID-VARIANT-NB-1-8-1-WARY-YOU-NEED-TO-KNOW-BOOSTER-CHINA/83066610021/

In China, data shows the proportion of severely ill respiratory patients with Covid has jumped from 3.3 to 6.3 percent over the last month.

The proportion of Chinese ER patients testing positive for Covid had jumped from 7.5 to 16.2 percent.

Officials in Taiwan are also reporting a surge in Covid emergency room admissions, with the number rising 78 percent in a week over the seven-days to May 3, according to the latest data available.

And hospitalizations have risen to a 12-month high in Hong Kong, thought to be driven by the new variant. Officials are telling people to mask up as a result.

HTTPS://WWW.EASTIDAHONEWS.COM/HEALTH/ARTICLE/NEW-COVID-VIRUS-WARNING-DOCTORS-WARNING-COVID-VIRUS-NEW-VARIANT-NB1-8-1/

NB.1.8.1 OR "NIMBUS" HAS ALREADY BEEN DETECTED IN A HANDFUL OF U.S. STATES

FORECAST DATA BASED ON WASTEWATER MONITORING SUGGESTS ANOTHER SUMMER SURGE IN COVID CASES, LIKELY DRIVEN BY THE NB.1.8.1 OR "NIMBUS" VARIANT

< CHECK OUT PMCP19.COM/DATA FOR WEEKLY UPDATES

U.S. COVID-19 Transmission the Past 6 Months and Forecast
Source: PMCP19.com/data
Estimated Covid Infections/Day in US + 5/20/2025 Forecast
Daily Infections
CDC Levels

VIA @JPWELAND ON TWITTER >